Friendship Heights Village Center



Calendar of Events 2019

M R H **WEDNESDAY THURSDAY SUNDAY MONDAY TUESDAY FRIDAY SATURDAY** 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi Show off your artistic talents this summer! 10:30 a.m.: Coffee and 9:30 a.m.: Children's Photography 10:30 a.m.: Basic Pho-Current Events 10:30 a.m.: Balance, It's not too soon to start preparing for this year's community art show in July. This multi-Movement and tography media exhibit is open to all artists in the area. Suggestions for paintings, photographs or Memory sculpture are July 4 celebrations, end of school, traveling, beach time—anything related to the summer. The theme is "The Good Ol' Summertime." Prizes will be awarded to the top winners. Applications will be available at the Village Center soon. 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and 10 a.m.: Great Books 11 a.m.: Chair Exercise 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:10 a.m.: Yoga 12 p.m.: Chess 10:30 a.m.: Seated Yoga 12:30 p.m.: Bridge Club 9:30 a.m.: Children's 9:30 a.m-1 p.m.: Coffee 3 p.m.: Concert with 1 p.m.: All in the Eyes and Meditation Playtime Current Events Photography 10:30 a.m.: Basic Phoand Sunday Papers 5:30 p.m.: Community John Eaton 10:30 a.m.: Children's 7 p.m.: Booksigning 10:30 a.m.: Balance, Storytime **Advisory Committee** with Bob Levey Movement and tography 12–4 p.m.: Blood Pressure Meeting (Open to the Public) Memory Screening
1 p.m.: Balance and Fall Prevention 1:30-3:30 p.m.: Painting for Everyone 2 –4 p.m.: Nurse Specialist 3–4 p.m: Tea 7 p.m.: Mat Pilates 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and 9:10 a.m.: Yoga 9:30 a.m–1 p.m.: Coffee and Sunday Papers 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Ongo-10 a.m.: Great Books 10 a.m.: AARP Older 9:30 a.m.: Children's 10 a.m: Village Playtime: ing 11 a.m.: Chair Exercise Drivers 10:30 a.m.: Seated Yoga Photography 10:30 a.m.: Basic Pho-12:30 Bridge Club Current Events Music with Marsha 11:30 a.m. - 1 p.m.: Art 10:30 a.m.: Balance, Goodman-Wood 12 p.m.: Chess 7:30 p.m.: FRIENDand Meditation 11 a.m.: Still Life and tography Reception Movement and 1 p.m.: All in the Eyes 12-4 p.m.: Blood Pressure SHIP HEIGHTS Memory Screening 1 p.m.: Balance and Fall 1 p.m.: Suburban VILLAGE COUNCIL Beyond Lecture: Communi-**MEETING** (Open to 7 p.m.: Movie: A Star cations Strategies for Prevention the Public) is Born 1:30-3:30 p.m.: Painting **Alzheimers** for Everyone 5:30 p.m. Program 2–4 p.m.: Nurse Specialist **Advisory Committee** 3 p.m.: Speech Therapy Meeting (Open to 3– 4 p.m: Tea the Public) 7 p.m.: Mat Pilates 7 p.m.: Concert: IONA 17 19 20 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Ongo-8:15 a.m.: Walking Club 12:30 Bridge Club 10:30 a.m.: Coffee and 9:30 a.m.: Children's 9:30 a.m–1 p.m.: Coffee and Sunday Papers 10 a.m.–12 p.m.: Village 10 a.m.: AARP Older 10 a.m.: Great Books Current Events Photography Playtime 11 a.m.: Chair Exercise Drivers 12 p.m.: Chess 1 p.m.: All in the Eyes 10:30 a.m.: Basic Pho-1 p.m.: Strength Training 10:30 a.m.: Children's 10:30 a.m.: Seated Yoga 10:30 a.m.: Balance, Movement and tography Storytime and Meditation Memory 1 p.m.: Abstract Painting 12-4 p.m.: Blood Pressure 1 p.m.: Irish Story-11 a.m.: Still Life and Screening
1 p.m.: Balance and Fall telling with Jane Beyond 2 p.m.: Caring for the 7 p.m.: Movie: BlacK-Caregiver Prevention kKlansman 1:30-3:30 p.m.: Painting for Everyone 2 –4 p.m.: Nurse Specialist 3–4 p.m: Tea 7 p.m.: Mat Pilates 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Ongo-8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 9:30 a.m-1 p.m.: Coffee 9:30 a.m.: Tai Chi Intro. 10 a.m.: AARP Older 10 a.m: Village Playtime: 9:30 a.m.: Children's ing 10:30 a.m.: Coffee and and Sunday Papers 10 a.m.: Great Books Music with Marsha 11 a.m.: Chair Exercise Drivers Photography **Current Events** 10 a.m. - 2 p.m.: MVA 12 p.m.: Chess 1 p.m.: All in the Eyes 10:30 a.m.: Seated Yoga Goodman-Wood 10:30 a.m.: Basic Pho-10:30 a.m.: Balance, **Mobile Office** and Meditation 12-4 p.m.: Blood Pressure tography Movement and 11 a.m.: Still Life and 12:30 p.m.: Bridge Club 7 p.m.: Concert: Friday Screening Memory m.: Strength Iraining Beyond 1 p.m.: Abstract Painting 6:30 p.m.: Mountain Prevention 12 p.m.: Vision Re-1:30-3:30 p.m.: Painting **Music Monday Jam** sources Lunch and for Everyone Learn 2-4 p.m.: Nurse Specialist 7 p.m.: Movie: Bohe-3–4 p.m: Tea mian Rhapsody 7 p.m.: Mat Pilates

31

9:30 a.m–1 p.m.: Coffee and Sunday Papers

Shuttle bus hours



Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

Get art smart at our summer camp

Our summer art camp for children returns **Monday**, **June 24**, **through Friday**, **June 28**. Run by our curator Millie Shott, the camp offers a children ages 6 to 12 a fun way to tap into their individual creative genius. The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery to jewelrymaking. Participants learn about various artists and art forms during art appreciation sessions each day. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up immediately at the Village Center to ensure a space.